

# MANY OF AMERICA'S FAVORITE CUTS ARE LEAN

Lean Beef Cut	Calories per 3-ounce cooked serving	Saturated Fat (g) per 3-ounce serving	Total fat (g) per 3-ounce serving	Skillet	Broil	Stir-Fry	Roast	Grill	Stew	Braise
Eye of Round Roast and Steak	144	1.4	4.0	*		●	●	*		● ●
Top Round Roast	169	1.5	4.3				●			
Top Round Steak	157	1.6	4.6	*	*	●		*		
Bottom Round Roast	139	1.7	4.9				●			●
Top Sirloin Steak	151	1.9	5.0	●	●	●		●		
Shoulder Steak	149	2.1	5.0	*	*			*	●	●
Sirloin Tip Roast and Steak	148	1.9	5.3	*	*	●	●	*		
Cubed Steak	154	1.9	5.3							●
Shank Cross Cuts	171	1.9	5.4						●	●
Western Steak	155	2.2	6.0	*	*			*		
Strip Roast and Steak	161	2.3	6.0	●	●	●	●	●		
Flank Steak	158	2.6	6.3		*	●		*		●
Bottom Round Steak	184	2.3	6.6		*			*	●	●
Tenderloin Roast and Steak	164	2.5	6.7	●	●	●	●	● ●		
Brisket Flat Half	181	2.7	6.8							●
Tri-Tip Roast and Steak	155	2.6	7.1	●	●	●	●	● ●		
T-Bone Steak	161	2.6	7.4	●	●			●		
Top Blade Steak Boneless	167	3.2	7.9	*	*			*	●	●
93% Lean Ground Beef Burger	162	3.1	7.5	●	●			●		



\* Requires Marinating    
 ● Steak    
 ● Roast    
 ● Other

IT'S WHAT'S FOR DINNER.

Funded by the Beef Checkoff.

U.S. Department of Agriculture, Agricultural Research Service, 2012. USDA Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)